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LOTTO
649

**Wednesday's
Jackpot**

And they're off again

An infusion of cash from the province is good news for horse-racing fans and the Western Fair District **PAGE 2**

Sea change

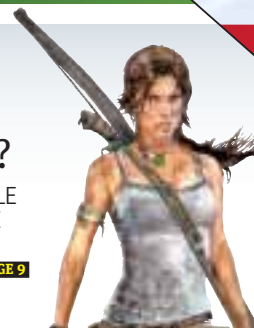
Zesty roasted seafood over linguini marries the tang of lemon with healthy olive oil **PAGE 14**

Cyrano for hire

E-dating ghostwriters strive to help you look your best in your online profile. But they can't guarantee romance **PAGE 15**

TOMB RAIDER REBOOT: BOOM OR BUST?

LARA CROFT GETS A WHOLE NEW LOOK, WITH A MORE ATHLETIC PHYSIQUE — AND SMALLER BRA SIZE **PAGE 9**



NEWS
WORTH
SHARING.



CATCH A BUDDING STAR

Michelle Kolecki, 21, of London, is immersed in a sea of purple and white on Monday as she prepares bouquets at Esther's Flowers and Gifts for customers attending the World Figure Skating Championships at Budweiser Gardens. Located in the Covent Garden Market, Esther's is expected to be a hotbed of activity as fans look for flowers to toss onto the ice after performances. More coverage, pages 4 & 17.

ANGELA MULLINS/METRO

Leaping toward a stronger London

World Figure Skating Championships. Event expected to be an axel jump for city's image



ANGELA MULLINS
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One week: Length of World Figure Skating Championship action at Budweiser Gardens.

Infinite: The lasting benefit of hosting the world, officials say.

Playing MC to the championships means much more than tourist dollars flowing into businesses.

"What it means ... is a down payment on a \$30-million injection of funds into our economy," Downtown London president Janette MacDonald said. "It's our opportunity to shine."

There's exposure as a world-class city: People from around the globe are expected to tune into the competition and many

Town hall webcast

"(People) may have known about London, but (millions) more people are going to know about London, Ontario, Canada, than they did before."

Mayor Joe Fontana

media outlets have plans for features on the city itself. That could appeal to everyone from people booking getaways to companies looking to expand.

Then, there's the legacy of memorable moments. If skater Patrick Chan wins a gold medal, for example, fans will remember he did that in 2013 right here in London. If people find a particularly tasty restaurant, a quirky store or discover a local artist, the city will forever be ingrained in their psyche.

Mayor Joe Fontana touched on the power of that legacy

on Monday during a town hall webcast.

Fontana dedicated his broadcast to the championships, outlining what's coming down the pike this week and the importance of pushing ahead.

"We've got to keep the momentum," he said. "We need to move from what we've accomplished here in the worlds to make sure this momentum ... continues each and every day."

Pulling off a top-notch performance during the games will be one more feather in the city's cap as a reputable host, he said.

"It's not by accident (that) Skate Canada or the International Skating Union chose London," he said. "The fact is, London has a proven record of being able to deliver the goods."

Sport tourism is already London's "signature sector," Tourism London general manager John Winston said last week. Success during the worlds, he said, "puts us on the map for hosting other major events."

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A view of the Western Fair District racetrack amid Monday's soggy weather conditions. JOHN MATISZ/METRO

London horse racing trotting forward

Western Fair District.
CEO responds after deal reached with province Friday



JOHN MATISZ
john.matisz@metronews.ca

The Western Fair District is cautiously optimistic about the future of horse racing in London after reaching a deal with the province, CEO Hugh Mitchell said Monday.

"We continue to be optimistic and are committed to helping forge a new future for racing in the province, despite everything that has happened during this past year," Mitchell said in a news release.

Premier Kathleen Wynne announced three-year transi-

tion funding agreements Friday with four Ontario racetracks: Western Fair District, along with tracks in Clinton, Hanover, and Grand River.

In the news release, Mitchell acknowledged the potential of future opportunities in the horse racing industry, and said the Western Fair District is eager to "help shape and implement a new racing model, albeit a smaller one."

The Ontario horse racing community is still tottering from the Liberal government's announcement last March, which stated it was cancelling the slots-at-racetracks program. It had provided annual revenue of \$345 million. But Mitchell indicated this deal is a step in the right direction. "The fact that the premier recognizes the significance of horse racing to the fabric of Ontario's agricul-

Deals

Liberals sign six Ontario racetracks:

- The four newly announced contracts are the second batch of racetrack deals with the province. The government also inked two-year agreements with Woodbine Entertainment Group for the Woodbine and Mohawk tracks in January.

tural community is essential for its survival," he said in the release. Details of the four deals have not been made public due to the nature of the process, the premier said Friday.

"I'm not going to talk about specific dollar amounts because

there are ongoing negotiations, but the (expert) panel made it clear that there needed to be different revenue sources, and we are going to work to put those in place," said Wynne.

The panel consisted of ex-MPPs Elmer Buchanan, John Wilkinson and John Snobelen.

The provincial horse racing body had a similar perspective on the deal to Mitchell's.

"We are all hurting from the actions of this government," said Sue Leslie of the Ontario Horse Racing and Breeding Association on Friday. "With all that this industry has been through the past year, it is understandably difficult to trust that these latest developments are going to yield the desired results. "However, we view this as an important and positive step."

WITH FILES FROM THE CANADIAN PRESS

Spring thaw

Conservation authority warns of rising water levels

The Upper Thames River Conservation Authority is urging people to stay away from streams and rivers as water levels rise due to rain and melting snow.

The conservation authority doesn't anticipate serious flooding, although water is expected to spread outside of stream banks at low floodplain locations. The authority will be monitoring the rainfall and snowmelt closely throughout the week and will provide further updates as required. Areas susceptible to flooding in London are Harris and Gibbons parks and the North London athletic fields/Stoneybrook recreation fields. **METRO**

Environment Canada

Rainfall warning issued for London

A rainfall warning was issued Monday for much of the London region. Environment Canada posted warnings for London, Parkhill, Strathroy, Komoka, St. Thomas, Middlesex and Oxford County, forecasting up to 25 millimetres of rain into Monday evening.

It's part of a low-pressure system over Lake Michigan that was expected to slowly intensify as it tracked toward the central Great Lakes. The highest rainfall amounts were expected over regions near and just north of Lake Erie with nearly 25 millimetres. Other significant rainfall was expected over areas near Lake Huron and Georgian Bay. **AM980/AM980.CA**

Old South

Crash causes power outages

London Hydro says a car crash was responsible for causing power outages throughout parts of Worley Village. On Monday, a vehicle struck a hydro pole at the intersection of Tecumseh Avenue and Wortley Road, police said.

The impact caused the hydro pole, and power lines, to fall in the middle of the intersection. The driver, a 30-year-old London man, was taken to hospital with minor injuries. The driver is facing a charge of careless driving. **AM980/AM980.CA**

Party leaders

Wynne, Horwath to visit London

Premier Kathleen Wynne will sit in on a jobs round-table Tuesday at Youth Opportunities Unlimited in London. She's then expected to catch some World Figure Skating Championships at Budweiser Gardens. Ontario NDP Leader Andrea Horwath is planning a 5:30 p.m. chat with voters at Wink's Eatery. **METRO**

Ontario asks Ottawa to hold off approval of blood plasma clinics

Ontario is raising concerns about new clinics that would pay people to give blood plasma, saying Health Canada should delay any approvals until it has consulted the provinces and other groups.

The prospect of three paid-donor blood plasma clinics being set up in the province is a cause for concern, Ontario Health Minister Deb Matthews

said Monday in a letter to her federal counterpart.

It "would be irresponsible to allow a shift towards a paid-donor system without first determining how it could impact the supply of



Deb Matthews
THE CANADIAN PRESS

blood and blood products," she wrote to federal Health Minister Leona Aglukkaq.

"I think we owe it to Ontarians and Canadians to have that discussion before any approvals are granted."

Matthews said she's looking at ways to stop any paid-donor clinics from opening in the province "prior to engaging Ontarians first." **THE CANADIAN PRESS**

At the club. Teen charged following weekend stabbing in Sarnia

A London teen is facing charges in connection with a triple stabbing in Sarnia over the weekend.

Police were called to the scene outside of a nightclub at around 3:30 a.m. Sunday. Officers say three bouncers were stabbed with a knife after they escorted some bar patrons to Capel Street.

The victims — all in their late 20s or early 30s — have been released from hospital after being treated for stab wounds, some of which need-

ing staples to close. A knife was found at the scene, and the suspect was arrested nearby.

Adrien McMillan, 18, from London, faces charges including assault with a weapon. He will appear in court April 23.

AM980.CA

On the web

- For more local news, go to metronews.ca.



Sister city. London set to welcome trade delegation from Nanjing, China

Mayor Joe Fontana will welcome a trade delegation from Nanjing, China, to London on Wednesday.

The delegation from London's sister city since 1997, includes six people sent by Nanjing Mayor Ji Jianye. Nanjing is a city of eight million people and the capital of Jiangsu province. Fontana and a London trade delegation visited the city in November 2011 and April 2012.

Fontana will welcome the delegation to city hall Wednesday at 1:45 p.m. in council chambers. He will be joined by Peter White of the London Economic Development Corp., representatives of the chamber of commerce, as well as members of London's Chinese community.

The delegation will then attend the opening ceremonies of the World Figure Skating Championships before



Mayor Joe Fontana METRO

visiting WORLDDiscoveries, the technology transfer and business development arm of Western University, and meet with Western researchers to discuss Canadian-Chinese cooperation in scientific research and technology commercialization.

WORLDDiscoveries recently opened an office in Nanjing. The delegation will also attend the Tree of Light show Wednesday evening.

ANGELA MULLINS/METRO

Western research project gets funding



Jerry White, a senior associate dean at Western University's school of social science, talks Monday about the benefits of a farmer-to-farmer training program the university is spearheading in Malawi. The federal government is injecting money into an expansion of the effort. ANGELA MULLINS/METRO

Growing crops. Money will help expand African farming project in Malawi

Malawi adapt traditional crops — some of which have been abandoned because of climate change — to today's environment.

Results, officials said, will include a more plentiful supply of nutrient-rich food and ramped up marketing of the country's resources.

"In the world today, one of the greatest problems we face is food insecurity," said Jerry White, a sociology professor and dean of research at Western's school of social science.

The Malawi farming project is key, he said, to decreasing vitamin A deficiencies in the region and fighting disease.

"It's a process in which we can see dominoes falling for

New initiative

- Along with expanding the existing farmer-to-farmer research program in Malawi, a new influx of government funding is expected to create a new initiative.

Research Corporation helped launch the program several years ago, and it's grown to include about 6,000 farmers.

The new money will allow for an additional 30,000 farmers to get on board. Eventually, leaders would like to see the project spread into other parts of Africa.

"Those families who have been involved in this training have found that child nutrition has improved, basic income level has gone up, (and) food security has improved," said Isaac Luginaah, Western's representative on the research team.

"The evidence is very clear that those who have been involved are learning how to produce local food and nutritious food crops."

the next half century or even longer," White said. "Thousands are going to learn in this project. Hundreds of thousands are going to benefit."

Western's partners on the project include a host of organizations, some of which are based in Malawi.

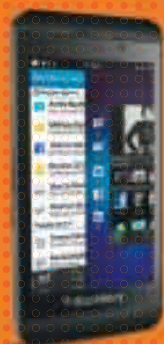
A grant from Canada's International Development



ANGELA MULLINS
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The federal government has pumped \$2.5 million into a Western University-led research project aimed at improving the quality of food grown in East Africa.

Money funnelled through the Canadian International Development Agency will allow researchers to expand a program that helps farmers in



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THAT'S THE POWER OF



We asked: What are you most looking forward to this week at the World Figure Skating Championships at Budweiser Gardens?

The World Figure Skating Championships are finally here, and fans are excited for different reasons. Metro checked in with some people watching the first day of practice on Monday at the Western Fair Sports District.

ALL PHOTOS BY JOHN MATISZ/METRO



"Our grandmother goes to every worlds, so with it here it helps us bond. We're looking forward to seeing Tessa Virtue and Scott Moir the most." Elise Graf, 26, Dorchester



Rachel Graf, 26, Dorchester

"Canadian figure skaters competing at home."



"The ice dance competition. I find it fascinating."

Shelley Leverton, 60, St. Thomas



"I was a skater myself, so I'm looking forward to seeing it in person instead of on TV."

Jennifer MacDonald, 42, Goderich



"We're from Ilderton. The kids were decorating the school yellow because of Tessa Virtue and Scott Moir. They hope they win gold."

Bob Van Houwelingen, 36, Ilderton

Flower power

Florists 'silly busy.'

Tons of special petals wrapped and ready for Budweiser Gardens ice

Doting figure-skating fans on the hunt for a special flowerly something will likely find it this week at local shops.

Florists — especially those steps away from Budweiser Gardens — are stocked up on just about every strain of purple and white flower imaginable.

The colours white and purple — the official ones for the World Figure Skating Championships — are expected to be hot sellers this week.

Natasha Sumner, president of Esther's Flowers and Gifts in the Covent Garden Market, has been filling her coolers with the special offers for days. She topped things off Monday as her staff started assembling bouquets, including those featuring red and white to support the home team.

Sumner's not exactly sure how many people will stop by her shop.

"This is one of those once-in-a-lifetime events where you just never know what to plan," she said. "It's one of those gambling decisions that have to be

Don't forget the cellophane

- Flowers can be dangerous, officials say, because pieces can fall onto the ice and create problems for other performers.
- Skate Canada is requiring that flowers coming into Budweiser Gardens be fully wrapped in cellophane.

made, and you hope from what you buy, you're going to sell it all."

That said, she's ready for anything with nearly 1,000 skating-themed flowers on hand for the masses.

Business already has picked up, she said, something she figures will continue throughout the week.

It's a safe bet, said Ian Greasley, owner of Bloomers at the Market, a veteran of similar events the city has hosted.

Greasley has already fielded inquiries from Japanese tourists interested in a load of skating bouquets. His team will start work this week on 12 arrangements Skate Canada will give to medallists.

"It's silly busy in the store," he said Monday. "It makes for a fun week." ANGELA MULLINS/METRO

It's the mean, green Clean Team. Figure skating worlds brings out the cleaning crew downtown

Meet the Clean Team: Green-vested, garbage-can-hauling fighters of downtown grit.

The team is making its debut this week — roaming downtown streets and snatching up litter during the World Figure Skating Championships.

And, they just might be sticking around for good.

"This week's a pilot," Downtown London manager Janette MacDonald said. "We're going to get together after the fact and see where we might go from here."

MacDonald, drawing inspiration from several other Canadian and U.S. cities, is behind the team.

She considers it a bit of a "social enterprise" aimed at polishing downtown's sparkle while creating job opportunities through a partnership with Clean Works and Goodwill Industries.

MacDonald's organization provided the seed money — about \$14,000. The goal, she said, is to for the partners to



Clean Team members Julie Riengueutte, 31, front, and Dan Try, 18, both of London, pick up litter Monday as they make their way along King Street. ANGELA MULLINS/METRO

Green patrol

15

Approximate number of people on downtown's new Clean Team.

help keep it afloat financially.

The team started working Monday and will be on streets about 13 hours each day. If the effort continues, MacDonald said, it could start as early as spring and take several forms, including hitting streets sev-

eral days a week (winter excluded) or only during special events.

Picking up cigarette butts is one of the big focuses but team members are finding everything from half-eaten apples to plastic utensils.

Core streets may never be completely clean. But, they certainly can look better, MacDonald said.

"Downtown is (London's) calling card," she said. "We don't want messy fingerprints all over it." ANGELA MULLINS/METRO

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Shooting death. Oscar Pistorius in mourning, but not suicidal: Family

Olympic athlete Oscar Pistorius, charged with the Valentine's Day murder of his girlfriend, is not suicidal, his family announced Monday.

Pistorius "is in deep mourning but despite the tragic circumstances he is certainly not suicidal," said a statement issued by Pistorius' uncle, Arnold Pistorius. He said Pistorius has support from his family.

The family's denial comes after reports that Pistorius was distraught and contemplating taking his life. Reports



Oscar Pistorius THE ASSOCIATED PRESS FILE

also said that Pistorius is facing financial ruin over the upcoming murder trial.

THE ASSOCIATED PRESS

Safety concerns

Mexican paper to stop covering drug cartel-related news

A newspaper in the northern Mexico border state of Coahuila announced Monday it will no longer cover information related to drug cartels,

citing safety concerns.

The newspaper Zocalo publishes in the Coahuila state capital, Saltillo.

In a front-page editorial posted on its website, the newspaper said the decision "is based on our responsibility to watch out for the safety and security of over 1,000 workers, their families and our own." THE ASSOCIATED PRESS

Death of gang-rape suspect sparks criticism of India jail



The mother of Ram Singh, the man accused of driving the bus on which a 23-year-old student was gang raped in December, cries as she speaks to journalists in New Delhi Monday. Indian police confirmed that Singh committed suicide in jail, but his lawyer and family allege he was killed. MANISH SWARUP/THE ASSOCIATED PRESS

Alleged suicide.

Lawyer claims his client was under 'no mental stress' at the time

Whether he was killed or committed suicide, the jailhouse death Monday of a man on trial for the gang rape and fatal beating of a woman on a New Delhi bus has triggered shock at the enormous security failure at one of India's best-known prisons.

Authorities said Ram Singh, who was accused of driving the bus during the December attack, was in a cell with three other inmates at Tihar Jail in New Delhi when he hanged himself, either with his own clothes or a bedsheet, at about 5:30 a.m.

"This is suicide," Home Minister Sushilkumar Shinde said. But Singh's family and lawyer alleged foul play.

"There were no circum-

Prison deaths

In 2011, 68 inmates in India killed themselves and another eight were killed by fellow inmates, according to India's National Crime Records Bureau.

stances which could have led to Ram Singh committing suicide. There was no mental stress. He was very happy (about the trial's course)," his lawyer V.K. Anand said.

Singh, 33, had been among five defendants facing the death penalty if convicted of the rape attack, which horrified Indians and set off national protests. A sixth accused is being tried and jailed separately because he is a juvenile.

Singh's death in custody raised further questions about a criminal justice system already under attack for failing to protect the nation's women.

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Bar public from Magnotta hearing: Lawyers

Request filed. Counsel says letting media and public stay in court may prevent a fair trial

Lawyers for the man accused of murdering a Chinese student and dismembering his body want the media and public barred from his preliminary hearing.

The evidence presented Monday supporting the motion by lawyers for Luka Rocco Magnotta is subject to a publication ban.

Magnotta's legal team, led by Toronto-based lawyer Luc Leclair, argue the only people who should be allowed to remain in the courtroom are the prosecutors, the judge and a court clerk.

They say it's necessary to guarantee a fair trial.

Magnotta has pleaded not guilty to a charge of first-degree murder in the slaying of Jun Lin last May. The preliminary hearing will determine whether there is enough evidence to send him to trial.

A handful of journalists



Daran Lin, father of murder victim Jun Lin, leaves court in Montreal on Monday. RYAN REMIOWZ/THE CANADIAN PRESS

were able to cram into a high-security room, with as many as 30 people in a spill-over room in another part of the courthouse. Some media members lined up before the crack of dawn to get inside.

Those present at the courthouse included Daran Lin, the victim's father, who travelled from China.

A lawyer representing Lin's parents said he supports the media's fight to keep the

hearing open.

Mark Bantey, a lawyer representing several media organizations, said the automatic publication ban that comes with a preliminary hearing "covers all the evi-

dence (and) is more than sufficient to protect the rights of the accused to a fair trial."

Quebec court Judge Lori-Renee Weitzman is expected to rule on the matter Tuesday morning. **THE CANADIAN PRESS**

Potential evidence

U of O profs try to protect transcript

Two University of Ottawa criminologists who police believe interviewed Luka Magnotta for a study of Montreal sex workers in 2007 are going to court to protect a transcript of the alleged interview from falling into police hands. The Canadian Association of University Teachers is footing the legal bill in place of the school, which has denied responsibility. "The only word for what they're doing is 'disgraceful,'" said John Lowman, a professor of criminology at Simon Fraser University, who has studied threats to confidentiality for the last 15 years. "If you cannot make that guarantee of confidentiality, huge areas of research will be closed down." **GRAHAM LANKTREE/METRO IN OTTAWA**

Colorado

Suspect in theatre shooting may be given truth serum

The defendant in a Colorado movie theatre massacre could be given "truth serum" under a court order issued Monday to help determine whether he is insane if he pleads not guilty by reason of insanity.

Suspect James Holmes could be required to submit to a "narcoanalytic interview," a decades-old process in which patients are given drugs to lower their inhibition as part of an evaluation to determine if he was legally insane at the time of the July 20 shootings, a district judge said. **THE ASSOCIATED PRESS**

Panama

Body in suitcase may be Ottawa man

Foreign Affairs is confirming that a Canadian has died in Panama. The news comes amid media reports that police in the country are looking into whether a body found in a suitcase is that of a missing Ottawa man.

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Filed as non-resident. Conrad Black denies owing tax on over \$5M

Conrad Black is locking horns with the Canada Revenue Agency (CRA) over taxes from 2002 that may see him paying taxes on more than \$5 million in income and benefits.

Among the litany of items the CRA is trying to collect on is a \$90,000 bill for security at his Toronto home and \$1.3 million in benefits from the use of a company airplane.

The agency alleges Black held Canadian residency at this time and must pay taxes, including those applicable to taxable employment benefits such as the private jet. At the time, he filed as a U.K. resident, which his lawyers hold is true.

"It bears noting that from mid-1992 until 2005, Mr. Black was in the same position. He filed his taxes in Canada as a non-resident and paid Canadian tax as a non-resident, and this was not challenged by the CRA," said Adrienne Woodyard, one of Black's attorneys in the case. "Now, the CRA takes a different view for 2002."

In 2007, Black was convicted in an American court of fraud and obstruction of justice, for which he served

Black's 2002 taxes

\$808K

Adrienne Woodyard, one of Conrad Black's attorneys in the case, said he "has already reported and paid Canadian tax on \$808,000 of income for work that he performed in Canada as a non-resident."

37 months in prison.

The CRA refused to comment on the current case, citing confidentiality.

The court must now decide the most appropriate state of residence for Black. If the judge rules that he must pay tax as a Canadian resident, Black would be on the hook for taxes on more than \$5 million in taxable earnings. If the judge rules otherwise, he'll only be billed for earnings originating in Canada, for which he has already paid.

The motion is scheduled to be heard May 15.

Black returned to Canada amid fanfare in 2012. He renounced his Canadian citizenship in 2001 to join the British House of Lords.

TORSTAR NEWS SERVICE



FACE IT: YOU LOVE YOURSELF

Ever wonder why some couples click, while others malfunction like an old Xbox 360?

The answer might be staring you in the face.

We're hardwired to seek out people whose features resemble our own thanks to the part of our brain — the fusiform gyrus region to be precise — devoted to facial recognition. We're put at ease by familiarity and inclined to trust someone with a face that reminds us of our own, so says Christina Bloom, founder of findyourfacemate.com, a dating site that pairs singles based on facial-recognition technology.

There's a certain kind of vain gratification that comes from looking at yourself in the mirror, so it's not that hard to believe that we'd want to replicate that pleasure when gazing at the person lying next to us in bed. We've all seen those doppelgänger couples whose resemblance is so uncanny they could be mistaken for brother



SHE SAYS
Jessica Napier
metronews.ca

and sister. And while the desire to partner up with someone who looks just like us might seem completely narcissistic, there are actually subconscious biological drives at work.

Bloom says there are a few competing scientific theories that explain why we're attracted to people who look like us. "Some theories relate to imprinting, some to trust and others to narcissism," says Bloom. "Scientists don't agree on exactly why it works, we only know for sure that it does."

Launched in 2011, Bloom's dating site is based on studies of positive assortative mating. Researchers took physical measurements of married couples — including cranial and facial features — and found significant correlations in more than half of the numbers.

The site uses a unique algorithm to analyze 67 different facial points and match up would-be couples.

"It is a very nuanced matrix with a primary focus on the

outline of the face and the placement of features," says Bloom. It's not necessarily the size of your nose or the colour of your eyes that matters but how those facial features are arranged and overall face shape.

So what about those people who have a negative self-image? If someone thinks of themselves as unattractive, would they still be likely to fall for someone with similar facial features? Surprisingly, yes, they would.

"It's an unconscious phenomenon; it has nothing to do with how we feel about ourselves," says Bloom. "I have men tell me all the time that their partners are so much more attractive than they are (but) when I see them together, it's obvious how similar their facial features are."

At last, dating someone for their looks is no longer considered shallow, it's science.

We are innately narcissistic beings — wielding a subconscious tape measure to see if the length of a potential suitor's face measures up to our own.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Only One Direction to wax museum



MADAME TUSSAUDS/THE ASSOCIATED PRESS

Immortalizing a stylish boy band

Fans of Harry Styles and his bandmates at One Direction need not worry.

This scary-looking procedure was just to prepare models of the boys at the famous Madame Tussauds waxwork museum in London,

England. Hundreds of precise measurements of the stars were taken over a four-month process, with the figurines to be unveiled in April.

Since 1835, Madame Tussauds has immortalized some of the world's biggest names, such as Queen Elizabeth II, who is now on her 23rd model. **METRO WORLD NEWS**

Whole ball of wax

"We've been to Madame Tussauds and seen the kind of people who are in there. It's crazy to think that we will be up there with them."

Harry Styles, 19, singer in One Direction

Whole lotta dough

\$200,000

The cost of each wax model of the five band members. The boys are being produced by renowned sculptor Stephen Mansfield. They will be wearing "smart-casual" clothing and sitting on a school-style bench.

Clickbait

'Wacko birds' is the latest ammunition of the twittersphere. John McCain called senators Rand Paul and Ted Cruz as well as Rep. Justin Amash 'wacko birds' over their anti-drone statement. "It's always the wacko birds ... that get the media megaphone."



@WackoBird

The bio reads, 'hatched from the minds of RINO's, perched over Washington D.C.,' and tweets gems like 'Hey, just wondering... where's that media megaphone I was promised?' Not to be confused with @WackoBirds — also a parody.

Angry Birds

User-generated artwork portrays Paul and McCain in a battle parodying the popular video game Angry Birds — with Paul's head superimposed onto a bird about to ambush a group of drones while McCain looks on in anger.



Twitter

@metropicks asked: Do you have a famous celebrity in the family?

@Big_D_Blution: Distant cousin to Hockey Great Bobby Orr

@lisambungay: J-Bru (Jason Bruce) babayy

@SusanLougheed: my Gt Grandfather, Goldie Prodger played for the St Pats & scored the winning goal the 1st yr the Habs won the Stanley Cup

@_unicorntears_: My partner's cousin is Noah Reid, star of 'Score: A Hockey Musical' and original voice

of Franklin the Turtle.

@Like42: Henry Ford (the car guy) great-grandfather's first cousin.

@GiovannaNicolai: Vittorio De Sica - Grandfather

@ole_dory_plug: My great uncle is Bobby Arvon, the singer of the theme to Happy Days in it's 11th season.

Follow @metropicks and take part in our daily poll.

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metronews.ca
Tuesday, March 12, 2013

SCENE

09

DVD review



Life of Pi

Director. Ang Lee

Stars. Suraj Sharma, Irrfan Khan, Adil Hussain

With *Life of Pi*, Oscar-winning director Ang Lee has a simple goal. He wants us to accept as real a computer-generated Bengal tiger by the odd name of Richard Parker. The request is simple, the effect is extraordinary. Other things may seem in doubt in this delightful, rousing tale of a teen and a tiger on a Pacific Ocean adventure. Based on the Man Booker Prize-winning novel by Canada's Yann Martel, the film leaves its options open and hopes that our minds will be, too. You may or may not leave a viewing of *Life of Pi* with an enhanced appreciation of mankind's delicate relationship with animals and nature. Your belief (or disbelief) in an all-powerful deity may be confirmed or quashed. Your definition of "truth" may need revising. But the film's visual marvels are undeniable. Like the book, *Life of Pi* leaves us puzzling over what we've seen and heard. But never for a moment do we doubt the film's expressive storytelling, imagery and sense of wonder.

PETER HOWELL

Rise of the Guardians

Director. Peter Ramsey

Stars. Hugh Jackman, Alec Baldwin

Rise of the Guardians, in which childhood dreams unite to fight a terrible nightmare, seems destined to become not so much an instant Christmas classic as an eventual holiday cult film. Yet this directing debut by storyboard artist Peter Ramsey feels patchy, and too reliant on the "need to believe" hook it has brazenly lifted from Peter Pan. I suspect these objections will fade over time, similar to how *The Polar Express* gradually found an audience. PETER HOWELL

Lara Croft's makeover

Tomb Raider. Reboot of classic video game franchise sees its heroine morph from bombshell to the tough girl next door

ROMINA MCGUINNESS
Metro World News in London

Indiana Jones with big boobs: That summed up the basic appeal of *Tomb Raider*, the best-selling video game franchise that launched in 1996. The reboot, out now, has a less-busty Lara Croft. Why the change?

"What we start with, anytime you create a character, is their biography," Brian Horton, senior art director of *Tomb Raider* at Crystal Dynamics, tells Metro. "We knew Lara was this kick butt hero, but we felt she'd become more of an icon and less of a human. People didn't have much affinity for her. So our challenge was to come up with a concept that was relatable but at the same time, felt iconic."

Survival is the main theme here, something that allowed the game developers to revisit Croft's origin story. "We made it so that she wasn't necessarily focused on being the sheltered aristocratic girl," says Horton.

"She's 21 and just out of university. She still has famous archaeologist parents but there was a point where she just stuck out on her own. Whatever comes at her, she's going to do what it takes to get through it."

Horton talks us through Lara Croft's makeover.

How did the game developers go about handling Lara's makeover?

After we knew who she was, we went through a series of drawings, about 60 in total. The first step was to humanize her. In terms of her proportions, she wasn't as much of a bombshell. We kept some of the signature components: the ponytail, the brown eyes and the full M-shaped lips, but we made it much more realistic in its treatment.

Was it all based on these drawings? Or did you use a real life model?

We used one girl for her face and one for her body. We wanted someone normal, not a pin up. We chose models



The new Lara Croft is more "humanized" with an athletic build. HANDOUT

that had body fat to them; that weren't super skinny. The body model is actually a stuntwoman with a really proportional, athletic physique.

At what point were you like: "We nailed it! We have the new Lara."

Once we have our concept and our model, it comes down to the way she performs in the world. When she's hurt, she'll clutch her side. When she's in a claustrophobic cage, she'll touch the walls. Adding Camilla Luddington (the British actress who did the voice and performance capture for the cinematics) to bring her to life was a huge part of the equation. That's where the believability came in. And even though she wasn't the model that inspired the look

of it, when you look at Lara Croft on screen, there's a lot of Camilla in her.

The "old" Lara Croft is famous for her bust. The same can't be said of this version. What did you take her bra size down to?

I don't even know. It's not something I even think about. Before, there was so much emphasis on what her bra size was ... We never understood the fascination.

Fans will have noticed she's no longer wearing hot pants...

We wanted it to feel as practical as possible. Her clothes are much more down to earth: cargo pants, adventure boots and a dual tank top. It still feels like her. Just without the shorts, of course.



Camilla Luddington did the voice and performance capture for the video game. GETTY IMAGES



The old Lara Croft was a busty, booty-short-clad adventurer. HANDOUT

How realistic are the moves in the game? Are they stunts her body double could have done?

There's a little bit of exaggeration, but the hope was always to make it feel realistic. She performs a lot of moves that most people probably don't do on a daily basis, but that's a sort of hero aspiration. She's on her journey to becoming the *Tomb Raider*. We had to make sure it wasn't so real we lost the fun factor.

Did you get any input from fitness experts when developing her physical abilities?

Because she's not trained, we didn't want her to have that extra sense of expertise. The moves feel scrappy. But she's very resourceful. For instance, she has this move where she grabs dirt and throws it in someone's face. It's much more about doing whatever it takes to get the job done.

2 SCENE

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12

DISH

metronews.ca
Tuesday, March 12, 2013

The Word

What is going on at The View?

THE WORD
scene@metronews.ca
Meredith Engel

Readers, important question: do any of you even watch The View? Maybe I'm mistaking this squawkfest of an hour with The Chew, or maybe even The Talk.

Regardless, I must say I was a teensy bit surprised when Joy Behar announced her resignation from the ABC morning show last week — homegirl's been there since the beginning. And then, like your little sister who just couldn't stand it when you got all the attention, Elisabeth Hassel-a-hack came out and was like, "Oh yeah? Well I'm leaving too! Hmph!" In the corner, Joy Behar cried out "No fair!" to no one in particular. But it was too late. Our interest had been piqued. No longer was this a story about replacing Behar, a middle-aged woman whose voice reminds me of



Gilbert Gottfried on a good day. No, now, it's about beautiful, blonde, conservative Elisabeth, too. Marsha, Marsha, Marsha!

So who should fill each lady's seat at the table? For Elisabeth, I nominate Ann Coulter: a healthy dose of conservative energy draped in a long blonde wig. For Behar, how about a cockatoo? Would probably be just as entertaining, and the hairstylist would still get to keep his job.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A pricey pair worth protecting

Jennifer Love Hewitt can apparently put a price on her breasts, at least when it comes to the idea of insuring them as valuable assets. "I need, like, an insurance invitation. If somebody was like, 'Hey, you know what? We would like to insure your boobs for \$2.5 million,' I'd be like, do it. Love it! Why not?" she tells USA Today. "These things right here are worth \$5 million."

Money-makers

"These things right here are worth \$5 million."

Jennifer Love Hewitt
On her womanly assets



Jennifer Love Hewitt
ALL PHOTOS GETTY IMAGES



Justin Bieber

Pop goes their world: Bieber cancels concert in Portugal

Following a tumultuous week in London, Justin Bieber headed to Portugal already offering up bad news for fans hoping to see him tonight. "Due to unforeseen circumstances, Justin Bieber was forced to cancel the second (concert) in Portugal

on 12 March," local promoter Everything is New announced, though his concert last night remained scheduled as planned. "Holders of tickets valid for 12 March should contact the respective place of purchase to receive a refund."



Sarah Jessica Parker

Doctor's orders: do not run a mile in Parker's shoes

Sarah Jessica Parker has suffered plenty for fashion — and she has the doctor's bills to prove it. The Sex and the City star, known for wearing pricey sky-high heels, claims going more down-market for footwear ruined her feet.

"I did I Don't Know How She Does It and I was very thoughtful about my whole wardrobe and said, you know (my character) could not afford really good shoes, she would go to Nine West or Aldo," she tells Net-A-Porter.

"So I got shoes from there and the bottom of the shoes aren't leather, they are plastic, so I slipped a couple times, twisted my ankle. I went to a foot doctor and he said, 'Your foot does things it shouldn't be able to do. That bone there ... you've created that bone. It doesn't belong there.' It's sad because my feet took me all over the world, but eventually they were like, 'You know what? We are really tired. Can you just stop? And don't put cheap shoes on us.'"

Twitter



@JonahHill

In 50 yrs, a bunch of 80 yr-olds will know all the words to The Fresh Prince of Bel-Air theme song.



@MARLONLWAYANS

I'm thinking of touring BRAZIL ARGENTINA and URUGUAY end of the year



@AlbertBrooks

My neighbor is using his fireplace or he just elected the pope.

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Post-Oscar season has been good for the soul

While OK! Magazine claims the stress of awards season may be causing tension between Ben Affleck and wife Jennifer Garner, the Argo director says life post-Oscars has been a great time for them. "I've been able to really just enjoy my good fortune in the last couple of weeks and sit back and kind of just take it in and not do anything, just eat ice cream on the couch," Affleck says, according to E! News. "It's been a really nice time to hang out with my wife and that sort of thing, so we're just enjoying it."



Ben Affleck

Dillon Casey knows all about physical roles. The Oakville, Ont., native plays Navy SEAL Sean Pierce on the TV series *Nikita*.

He also played rookie hockey player Trevor Lamonde in the CBC show *MVP* and recently filmed a mixed martial arts movie called *Only I*. But he's perhaps best known for playing Erica's first boyfriend, Ryan, on the CBC series *Being Erica*. Metro asked Casey to give us a look into his workout routine. **METRO**

Get ripped like a Navy SEAL

I play a Navy SEAL on *Nikita* and these guys are all about functionality. The muscular Schwarzenegger types could never make it through the training I do — it's just too much wasted energy for your body to fuel all that extra weight.

These exercises will give you a useful body. You'll be a workhorse with great muscular endurance and explosive power.

Limit your rest periods — I like to do each exercise for a minute, with maybe a 15-second break in between. You probably won't be able to do that right away, but it's a good goal to have in mind.

Also, listen to your body. This type of workout can lead to overtraining, so if you're feeling lethargic for two or three days in a row, switch it up. Give your heart a break: this is a good time to grab the heavy weights and surprise your body with some "classical" weight training.

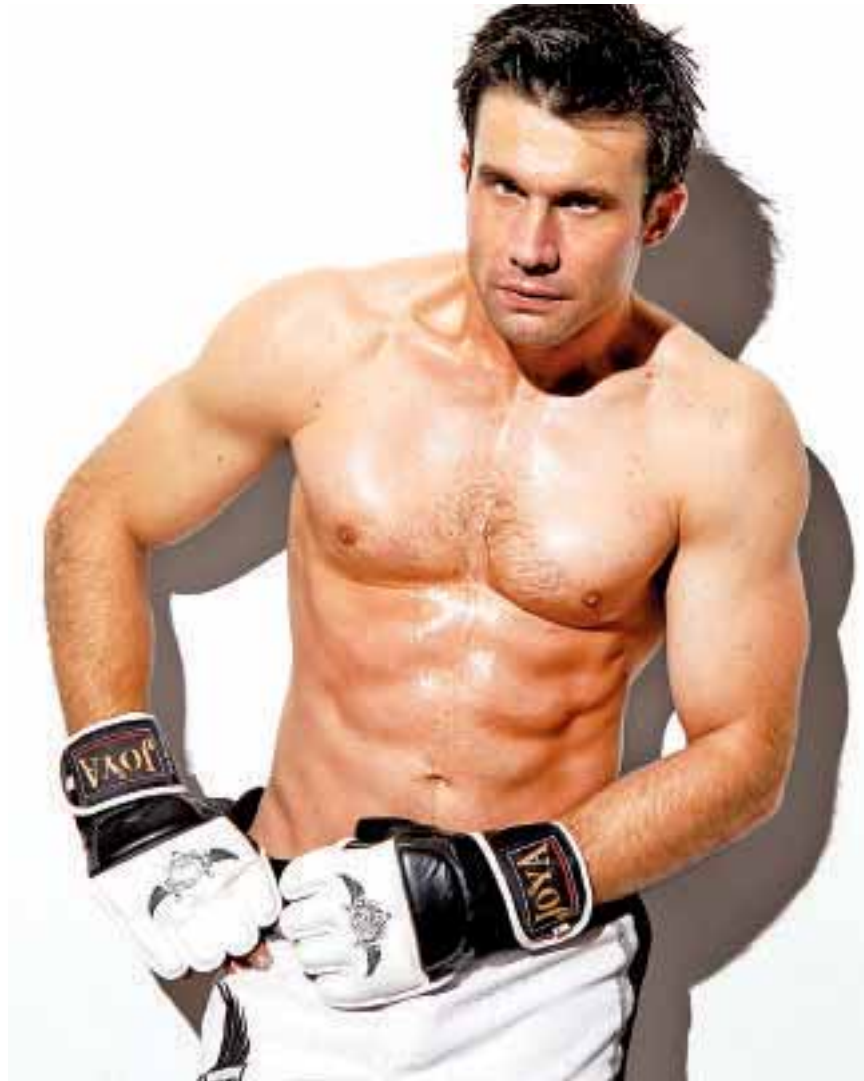
Keep changing it up. Keep your body guessing. Keep it interesting and you'll keep coming back for more.

Bodybuilders

Grab a set of dumbbells and, holding onto them, position yourself at the top of a push-up. Do a full push-up, then kick your feet to your hands. Stand straight up, keeping your back straight and lifting with your legs. You'll be in the perfect position to do a curl, so do one. Then press the weights up so your palms are facing forward and the inside of the dumbbells are in line with the tops of your shoulders. Keeping your weight on your heels, do a full squat. At the top of the squat do a military press (pushing the weights over your head and lowering them back down). Then lower the weights back down until they're on the ground and kick your legs back behind you until you're at the top of a push-up.

Mountain climbers

Again you start at the top of a push-up. Keeping your hands on the ground, bring your right leg forward so you look like a sprinter about to start a race. Switch your left leg with



Actor Dillon Casey stays in shape with these five exercises. DAVID LEYES / CONTRIBUTED

your right — do it as fast as you can for a minute (you'll look like you're basically running on the spot with your hands on the ground). This exercise is great cardio and it blasts your calves, shoulders and triceps. And it's a killer ab workout.

Dumbbell punches

This one sounds easy, but it'll kill you. Grab a set of dumbbells. Stand with your feet a bit wider than shoulder width (or into a comfortable fighting position, like a boxer). Lean back slightly, get your hands into boxer-ready position and start punching up at 45 degrees. Do it for a

minute. If you need to stop (\$20 says you will), instead of resting quickly grab lighter weights and keep going. This is good for the heart and will rip your shoulders. And if you ever need to punch somebody in the face, your arms will feel like sledgehammers. Do it for a minute, no rest. Next!

Lunge with a twist

Grab a medicine ball. Lunge with your right leg. Keep your back straight and twist to the right. Back to starting position. Lunge again with your right leg and twist to the left. Repeat with the left leg. As a plyometric variation, start in a lunge position, right

leg forward, body twisted to the right, quickly jump and switch your feet, twisting in the process. Try to do it for a minute. If you can't finish, lose the medicine ball and keep going. Guys, this will give you a hockey player's ass and cut-up quads (ladies, this one will give you those perfect sexy summer legs that I like). It's also a great calorie burner. I love this one since it keeps me quick on my toes and gives me strong, responsive legs and feet for my fighting and action scenes.

Inverted rows

Can't forget the back. It's not all about "mirror muscles"

Switch it up

Beating boredom

My workouts have become all about maintaining interest. After hitting the gym for 14 years straight it starts to get old. I can't really do the same workout for more than a month now without getting bored, so I've learned to adapt and change it as I go.

I start with 30 to 45 minutes of cardio, but try to keep my body guessing with different variations. I'll sometimes do an HIIT workout on the treadmill with some interval training — the issue here is making sure I give myself enough time to recover.

With these intense cardio workouts, you have to be careful or you'll fall into overtraining without even realizing it. It's all about listening to your body and setting aside your ego and compulsion to hit the gym for just "one more quick workout." Rest is good!

After cardio I'll do a five-minute ab circuit. I've been setting up a "round timer" on my iPhone. I'll do five different ab exercises at a minute each with little rest in between (10 seconds max): bicycle crunches, flutter kicks, scissor kicks, the ab roller and drop elbows (look this one up — it's a grind).

— you're not strong if you don't have a strong back. So grab some dumbbells, bend your knees slightly and lean forward, keeping your back straight and the weights hanging naturally out in front of you. Pull the weights back as far as you can — you should feel like you're pinching your shoulder blades together. Hold for a second, then slowly lower back down. This will work most of your upper back. Secondary muscles at work are your biceps and shoulders. Do it for a minute. Careful to keep your knees bent throughout so you don't put too much stress on your lower back.

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This Roasted Seafood over Linguini with Lemon Olive Oil tastes heavenly, presents beautifully and is quick to prepare. Feel free to substitute the seafood of your choice. Buy cleaned squid and use tentacles

Ingredients

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz dry linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce
- 1/3 cup chopped cilantro
- pinch salt and black pepper



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

if desired. For some extra spice sprinkle with dried chili flakes. To boost your fibre, try whole grain pasta.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Place the shrimp, squid and mussels on the prepared baking sheet. Roast for 8 minutes,

or until the mussels open. Remove from the oven and keep covered.

3. While seafood roasts, cook linguini in boiling water until al dente, 8 minutes. Drain, reserving 2 tbsp of the pasta water for the sauce. Set aside.

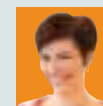
4. While the pasta cooks, spray a large non-stick skillet with

cooking oil, add the vegetable oil and place over medium heat. Add the onion, bell pepper and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Cabbage patch cunnning



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Gather round bunnies, Mr. McGregor is going to hate you more now that you will be nibbling on his cabbage patch. Cabbage is a cheap, long storing, plentiful and simple-to-prepare vegetable that is sadly under-used. It contains plenty of cancer fighting phytonutrients, fibre, vitamins and minerals and just a hint of calories.

• Honour the Irish this St. Patrick's Day by boiling some white chopped cabbage along with the potatoes before you mash. Colcannon is a traditional dish that has much more to offer than meets the eye.

• Make good use of sauerkraut that contains fermented cabbage. It is great with sausage, yes, but just as good used in a side dish of pancakes. Stir some sauerkraut into pancake mix and fry; serve with sour cream like blintzes.

• Pan fry a couple slices of bacon and add sliced cabbage to the pan. Stir to cook through and brown and serve as a vegetable side dish with grilled meats or fish.

Small heads of white cabbage work for any of these ideas, but don't forget that nappa cabbage and red cabbage have the same delicious benefits.



Theresa Albert is a Food Communications Specialist and Private Nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com

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metro

The course of true love never did run smooth, but would an e-coach help?

Calling in the pros.

Internet dating consultant likens his service to that of a personal trainer

NATALIE SHURE

Metro World News in NYC

Online dating is a reality of the love game, whether you're just looking around or on a serious quest for a lifelong partner.

Sites like OkCupid, Match.com and eHarmony try to make

Smoke and mirrors

"Online dating gives people the illusion of choice, not actual choice"

Evan Marc Katz, founder of e-dating consulting service eCyrano

finding someone simple, but they can be disappointing and frustrating.

Now, one solution to the e-dating conundrum is gaining traction — consultants. These pros help clients strategize and punch up their profiles to stand out in the competitive world of digitalized courtship.

"Most people are not very good at online dating," says Evan Marc Katz, dating coach and founder of the e-dating consulting service eCyrano.



Looking for romantic bliss? E-dating coaches say they can help. iStock

"It's like the gym. You don't lose weight by signing up for the gym. That's why people hire personal trainers — to show them how to use the equipment."

eCyrano rewrites clients' profiles based on a lengthy questionnaire and detailed phone call.

Katz, who dated online for 10 years before meeting his

It might seem shallow but...

- Companies like New York Image Consultant offer services that include hairstyling and makeup for photos in a range of outfits and poses, plus Photoshopping.
- Consultant Amanda Sanders puts it bluntly: "The reality is, they choose your picture over someone else's because it captures their eye. The text isn't as important as the visual aspect."
- Sanders works with clients who travel to New York for her firm's services. Like Katz, Sanders asserts that her business vastly improves a client's chances.
- As always, though, the face to face date is up to you.

wife offline at a party, says his team of freelance writers promise profiles that are more authentic than what most users write for themselves.

He contends that the majority of online-dating fumbles involve unrealistic expectations.

"Online dating gives people the illusion of choice, not actual choice."

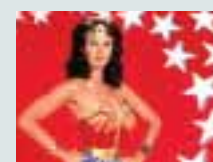
Captain America? Canucks say yuck

To mark ComiCon in Toronto this month, Match.com asked its members which superheroes they would most likely date. Some caped crusaders fared better than others among Canadian romance-seekers.

METRO

Canada's Kryptonite

Single ladies swoon over the man of steel. Most Canadian women (33 per cent) would prefer to date Superman, followed by Batman (21 per cent) and Wolverine (15 per cent).



Lovin' the lasso

Wonder Woman is the number one date choice for Canadian men — almost half of Canadian gents (48 per cent) would like to get tangled up in her lasso of love. Catwoman (30 per cent) and Batgirl (14 per cent) are runners-up in this race of love.

Superpower patriotism

The character Canadian females would least like to date is Captain America. A meager seven per cent of Canadians would date this American hero.



Coastal differences

It turns out Montrealers prefer the dark and mysterious. Montreal singles would most like to date Catwoman (47 per cent) and Batman (27 per cent).

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Five tax myths that can cost you time, trouble and money

Not true! Falling for these five financial fallacies can get you into quite the pickle when it comes time for the taxman to go over your paperwork



YOUR MONEY
Alison Griffiths
money@metronews.ca

For the past few years H&R Block has been puncturing tax myths gleaned from their free online Q&A service.

It's one of my favourite topics at this time of year. The persistence of these myths is downright amazing.

If you believe them they'll cost you time, trouble and money.

Here are five of the most

By the numbers

\$1,500

Average amount of extra taxes restaurant workers in St. Catharines were required to pay after they were targeted by Revenue Canada

common:

1. Maternity leave and EI income is not taxable.

Income is income and the government always wants its pound of flesh!

Be warned, in both cases; Service Canada withholds at less than the lowest marginal tax rate.

Depending on tax credits, you may have tax owing at the end of the year.

2. RRSP contributions don't have to be reported if the deduction isn't claimed.

Even if you aren't claiming a de-

duction for the contributions, you are still required to record the fact that you made them.

"If you don't claim a deduction in the year it was made, you will have to file for a re-adjustment, which can be a pain," warns Cleo Hamel, senior tax analyst at H&R Block Canada.

3. Tips are not considered income.

This is an enduring tax myth.

Anyone earning tips in any industry is required to report the amount.

For servers, tips may be as much as 100 to 400 per cent of their income, depending on the restaurant.

"I recommend that those in the industry set aside 20 per cent of all their tips for tax purposes," notes Cleo Hamel.

In 2011 Revenue Canada targeted restaurant workers in St. Catharines, Ont.

The average additional tax tab was \$1,500.

4. Students get refunds on their tuition.

In order to get a refund, you need to have overpaid tax during the year.

If a student does not have taxable income, they cannot use their tuition and education credits on their return.

Note: Students can transfer up to \$5,000 annually to a parent, grandparent or spouse or they can carry forward credits to use in future years.

However, tuition must be recorded on the return in the year it is paid.

5. Mothers are required to claim the child tax credit.

The lower income spouse, mother or father, must claim childcare expenses.

Either parent can claim the child tax credit, the fitness or art credit or the child amount.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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NFL

Ravens send WR Boldin to San Fran

Here's a Super Bowl twist: a guy who helped Baltimore beat San Francisco for the NFL title now is a 49er.

San Francisco acquired wide receiver Anquan Boldin from the Ravens for a sixth-round draft pick Monday. Boldin, a star in Baltimore's run to the Super Bowl title last season, must pass a physical to complete the deal.

The Ravens announced the trade Monday.

Boldin had six catches for 104 yards and a touchdown in the Ravens' 34-31 Super Bowl victory over the 49ers. **THE ASSOCIATED PRESS**

MLB spring training

Tigers' Verlander lacklustre in debut

Jonathon Niese took another step toward earning an opening day start if Johan Santana is not ready, allowing one hit in 4 2/3 innings and leading the New York Mets to an 11-0 win over the Detroit Tigers on Monday.

Tigers ace Justin Verlander had a rocky first outing of spring training, allowing five runs and two homers in 4 1/3 innings. He walked two, hit two batters, and balked home a run.

THE ASSOCIATED PRESS



Tigers ace Justin Verlander delivers on Monday in Lakeland, Fla. **THE ASSOCIATED PRESS**

Soccer

Canada advances to Cyprus Cup final

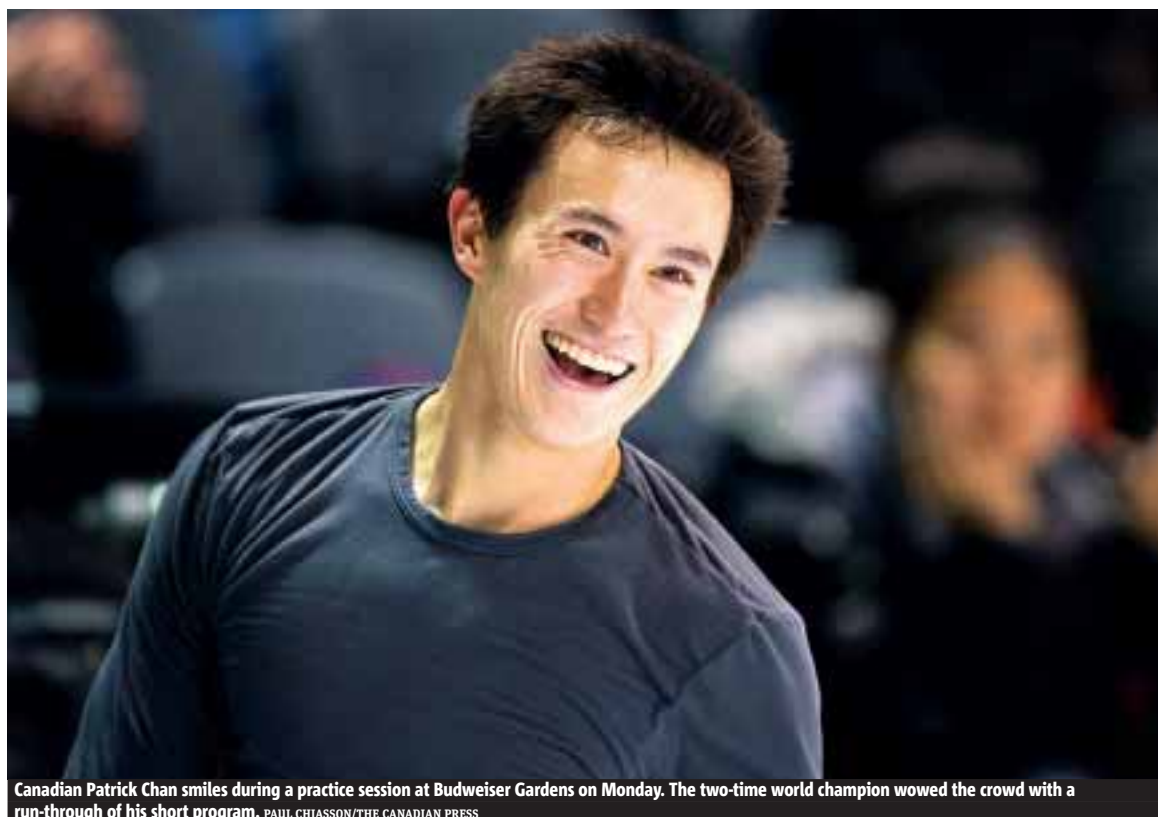
Christine Sinclair scored the game's only goal and Canada advanced to the final of the 2013 Cyprus Women's Cup with a 1-0 win over the Netherlands on Monday.

Canada finished in top spot of Group B with a 3-0 record.

Sinclair scored her 145th career international goal in the 42nd minute.

Canada will now move on to face England.

THE CANADIAN PRESS



Canadian Patrick Chan smiles during a practice session at Budweiser Gardens on Monday. The two-time world champion wowed the crowd with a run-through of his short program. **PAUL CHASSON/THE CANADIAN PRESS**

Chan finds solace in Detroit Rock City

World Figure Skating Championships. Move to Detroit gave top Canadian 'kick start' ahead of London

Skating felt foreign, self-doubt had crept in and Patrick Chan admits he started to panic.

So the 22-year-old from Toronto up and moved to Detroit three weeks before the World Figure Skating Championships — a decision that may have puzzled a few, but by all appearances didn't hurt him at all.

The two-time world champion delivered a 6.0 practice Monday ahead of the world championships that begin Wednesday, landing a textbook quadruple toe loop and triple Axel, and looking stronger than he has in a long time.

A marked difference from a few months ago.

"I was very uneasy, no confidence, very low self-esteem — which is really odd for a two-time world champion. There was something wrong ... something off the ice, just not being

happy where I am," Chan said of his struggles.

"I definitely was panicking a little bit because I wasn't skating as I normally was. I couldn't find my stride. I just felt like I was a step behind every time I tried to do something. The reason it took me so long to figure out was I wasn't sure, I thought maybe I'm not training well enough?

Maybe I'm not mentally tough enough? It was really puzzling."

A world victory this week would make Chan the first male skater to win three in a row since Russian Alexei Yagudin (1998-2000). But more importantly, it would confirm the Canadian is back on track less than a year out from the 2014 Sochi Olympics.



Injury scare

Reynolds back for worlds

Kevin Reynolds is on the mend from a ruptured cyst in his knee that he originally thought would keep him out of the worlds.

The 22-year-old from Coquitlam, B.C., had just returned home from winning the Four Continents title last month in Japan when

the cyst burst during a run-through of his long program.

He eased back into training last week and estimates he's about 90 to 95 per cent recovered.

Reynolds, the perennial runner-up to Patrick Chan at the national level, was just sixth after the short program at the Four Continents, but landed three quads in his free skate to win.

Chan didn't compete at the event.



He had been off-track for most of the season.

Chan said the move to Detroit was suggested by a few people close to him, and came on the heels of a frustrating season that saw him lose for the first time after going undefeated for nearly a year and a half. He finished runner-up at Skate Canada International and third at the Grand Prix Final.

"It's an obvious result that going to a different place just for the three weeks before worlds was a good choice just for a change," said Chan, whose coach Kathy Johnson accompanied him to Detroit. "It doesn't necessarily mean it's permanent. It just needed to change, I just needed a kick-start in my life, my skating life."

Chan oozed cool on Monday. His run-through of his short program to music by Rachmaninoff looked better than he's skated it in competition this season, and brought the crowd of about 1,000 fans at Budweiser Gardens to its feet.

"I just stepped out there and had confidence, wasn't stressed, wasn't hesitant, just going with the flow of my skating," he said. **THE CANADIAN PRESS**



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Lindsay Nichols, 14, of Simcoe, gets her jersey signed by London Knights defenceman Miles Liberati during the team's fourth annual scavenger hunt and autograph session, held at White Oaks mall on Monday. JOHN MATISZ/METRO

Milestones on the line in last week of regular season

OHL. 2012-13 Knights squad and their coach can make history, but it starts with how they respond to Sunday's 8-1 drubbing



JOHN MATYSZ
john.matisz@metronews.ca

With a week remaining in the regular season and an opening playoff date with the Saginaw Spirit 10 days away, the London Knights' goal of winning out has more weight than you'd think.

One more win — or a loss in extra time — would push the 99-point squad into triple digits. Two more wins would bring head coach Dale Hunter's career regular season total to 500. Three more wins would launch the 47-13-2-3 Knights to 50 wins for the first time in seven years.

"We want to be the team that gets (Dale) there," Veteran Knights utility man Tyler Ferry said.

London players haven't made it easy on themselves. After losing to Sarnia via shootout on Friday, they endured an 8-1 shellacking at

the hands of the Windsor Spitfires, a non-playoff team, two days later.

It's true they threw 45 pucks at Windsor netminder Jaroslav Pavelka and that the final score isn't completely indicative of the game's flow. However, it still represents the Knights' largest margin of defeat all season.

"I think we got a little (overconfident) because we knew we had clinched first," Knights assistant captain Olli Maatta said.

The team hopes to have injured captain Scott Harrington back for the first round of playoffs. The Pittsburgh Penguins prospect, out with an upper-body ailment, saw doctors again on Monday.

London's premier offensive threat, Seth Griffith, is set to return before Harrington.

Though this week is doubtful, it looks as if Griffith and his hurt right hand will be ready for Game 1 versus Saginaw.

"Guys were upset and it's tough without Harri there because he does such a good job in the room," Ferry said of the atmosphere following the Spitfires drubbing. "Me, Tommy (Hughes) and Olli tried to keep the guys on (an) even keel. I kind of just said, 'You know what, we lost, but

Playoff outlook

London Knights vs. Saginaw Spirit — first round of OHL playoffs

- **Game 1** — Fri. March 22 (7:30 p.m.) @ Budweiser Gardens in London.
- **Game 2** — Sun. March 24 (2 p.m.) @ Budweiser Gardens.
- **Game 3** — Tues. March 26 (7:11 p.m.) @ Wendler Arena in Saginaw.
- **Game 4** — Thurs. March 28 (7:11 p.m.) @ Wendler Arena.

* **Dates and times for Games 5-7 TBA.**

it's not the end of the world." He's dead right. It most certainly isn't the end of the world.

At the same time, clubs who back into the post-season tend to falter, meaning turning things around — win or lose — is the core task of Knights players this week.

"Dale would much rather win an OHL championship, or a Memorial Cup, then get to 500 wins," Ferry added.



Horoscopes

♈ Aries

March 21 - April 20

Do something out of the ordinary today, something shocking. With Mars, your ruling planet, moving into your birth sign you don't care who you astonish. You only care that you get noticed.

♉ Taurus

April 21 - May 21

Honesty may not always be the best policy, as you will discover today. If someone asks what you think of something you will tell them, only to find they did not want the truth, they wanted flattery.

♊ Gemini

May 22 - June 21

You need to follow up on an idea. If you don't, you could find that someone else has beaten you to it and you won't be happy. Don't worry that it's not perfect yet, just start.

♋ Cancer

June 22 - July 23

Someone you may not have been on good terms with lately will offer you good advice. Don't be too proud to take it. There is no point in trying to force through changes that are not going to work.

♌ Leo

July 24 - Aug. 23

Whatever you say and whatever you do over the next 24 hours, you must act on the assumption that you are being watched by people in positions of power. Make sure you put on your best front.

♍ Virgo

Aug. 24 - Sept. 23

Social activities will bring a lot of pleasure today and if you don't make any new friends it can only be because your old friends refuse to share you with the rest of the world. It's nice to be popular.

♎ Libra

Sept. 24 - Oct. 23

Just because you can't see the path you should be taking does not mean you should give up. Trust your instincts and let them guide you. They are linked to a higher power that knows what you need.

♏ Scorpio

Oct. 24 - Nov. 22

Try to be constructive in your criticism, even though you may have to look hard to find something positive to say about a colleague who has done something silly.

♐ Sagittarius

Nov. 23 - Dec. 21

You may be eager to get started on something that has fired your imagination but make sure you've done your homework before you commit yourself. It won't only cost you time but money as well.

♑ Capricorn

Dec. 22 - Jan. 20

Don't make too many plans. Conditions are changing fast and you will need to stay flexible if you are going to make the most of approaching upheavals. You have everything to look forward to.

♒ Aquarius

Jan. 21 - Feb. 19

You may have to push yourself to complete certain tasks but it will be an effort worth making. People in positions of authority will be impressed by your sense of duty.

♓ Pisces

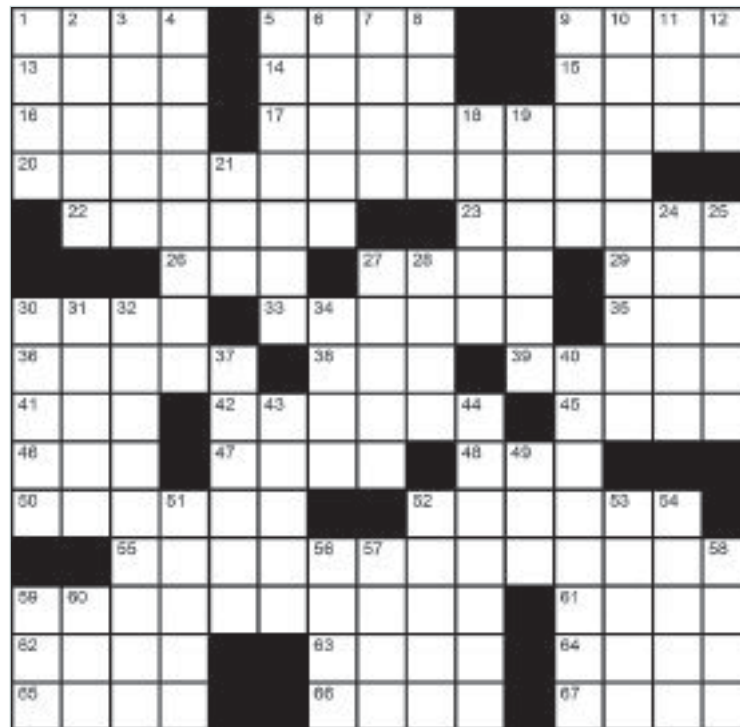
Feb. 20 - March 20

If you desire something strongly enough you will find a way to get it, though it may not arrive in quite the way you intended! Be flexible and be ready to receive what the universe wants to give you. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Hoodwink
- Taxis
- Bit of Beatles: "I ___ film today, oh boy..."
- Walk worriedly
- One of Esau's biblical wives
- "South Park" co-creator Mr. Parker
- Celebes buffalo
- Singer/songwriter Alanis
- "Girl With a Problem" band from Saskatoon, The ___
- Prevail
- ___ Beach, South Carolina
- 'Angel' add-on (Brad's love)
- Take a seat tiredly, ___ down
- 'Event' suffix
- "Smooth Operator" singer
- Sacred place
- Turkey
- Some speeds
- '___' for Ottawa
- Church topper
- Ms. Zellweger, for short
- ___ garage
- Bellowing
- "Was that ___?"
- Drove
- Prefix with 'dermis'
- Guard
- Buys
- PEI to New Brunswick link, ___ Bridge
- Acadian heroine in Longfellow's epic poem



- Corn lily
- Balmy
- Fewer
- Naughts
- Christian of 'Batman' movies
- Commotions
- Liza Minnelli's ex-husband DavidT

Down

- Traverse
- Adventurer's watercraft
- Squirrel's prize
- Non-vegan fare: 2 wds.
- Picture takers
- Love lots
- Farm building
- Transport
- Ranch animal

- Creator's cocoon: 2 wds.
- Soaked
- Sailor's 'yes'
- Mr. Cowell
- Communicates via the Internet this way
- Attila the ___
- Sweets shop, ___ Second
- Respected person

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku


1	5	2	8	9	3	4	6	7
7	8	9	4	6	5	1	3	2
3	6	4	1	2	7	8	5	9
2	4	5	6	1	9	3	7	8
6	7	8	3	4	2	9	1	5
9	3	1	5	7	8	2	4	6
8	1	7	2	3	6	5	9	4
4	2	6	9	5	1	7	8	3
5	9	3	7	8	4	6	2	1

4		2		5		7	3	
		8	6					
				4				2
9		8	1					
3			9		5			7
					6	8		4
5					9			
						3	2	
	1	9		3		6		5


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3°/-6°
Wet snow
70%

Wednesday
-1°/-6°
Flurries
60%

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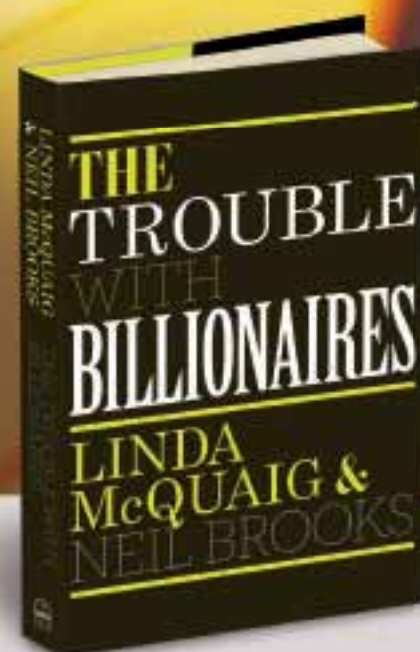




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